

WEEK 10

Timing	Monday/Wednesday Saturday liquid day	Tuesday/ Thursday/ Sunday	Friday egg day
8.30-9am	Water one glass and lemon juice + one spoon of methi dana soaked overnight		
	7-8 almond and one walnut, one anjeer roasted khaskhas half teaspoon		
9-10	Two egg white		
12-1	Buttermilk + one spoon 10gm chia seeds		
1-1.30	Vegetable salad 150gm- 200 gm + Curd one katori		
2.00-2.30	One roti Dal 30gm vegetable bhaji		Rice 30 gm + three egg white Vegetable 150+200 gm Make eggs vegetable pulao
	सौंफ + अलसी(flax seeds) one spoon each		
5-5.30	Fruits 100gm+ mix seeds (pumpkin watermelon sunflower seeds)		
6PM	ONE CUP GREEN TEA		
7.00-7.30	Bhagar 30 gm + paneer 30gm Vegetable upma	Oats 30g+besan 50gm vegetable chilla and tomato chutney	Two idli and vegetable sambar (30gm dal +200gm veg)
10-10.30	Vegetable soup		